

BAKING SAFETY IN THE KITCHEN



Home baking is great fun, but it is also important to be safe in the kitchen. There are many potential hazards to be aware of so here are some useful tips for keeping safe:

Heat: baking usually requires you to use an oven and sometimes a stovetop. Be aware of the stovetop and the oven door if they are in use. Use oven gloves or cloths to remove hot pots from the stovetop or baking pans from the oven. Be careful of steam or hot air when you open the oven door. Place hot food on a stable, heat resistant surface.

Spills: if you spill ingredients on the floor, clean up immediately to avoid slipping.

Clothing: It's a good idea to wear an apron and closed shoes when you are baking. This will keep your clothes clean and your feet safe from falling objects or spills. It's also a good idea to keep your hair tied back away from your face to prevent it from falling into the food you are making.

Sharp implements and equipment: Baking often requires the use of knives, beaters, mixers and other implements and equipment which could be dangerous. Be aware when using sharp knives. Never put your hand into a mixer or any other equipment that is turned on or moving. Make sure your hands are dry before touching electrical switches. If you do cut yourself, clean the wound and apply a plaster before continuing to bake.

Storage: Store your baking ingredients and equipment in such a way that they are easy to reach and will not fall on you or anyone else. Keep ingredients covered, preferably in a sealed container, to keep them fresh and free from contamination.